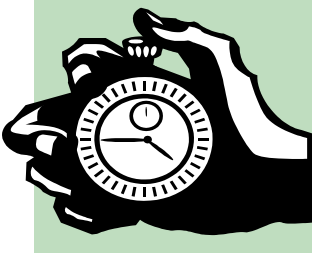


# MOVE!

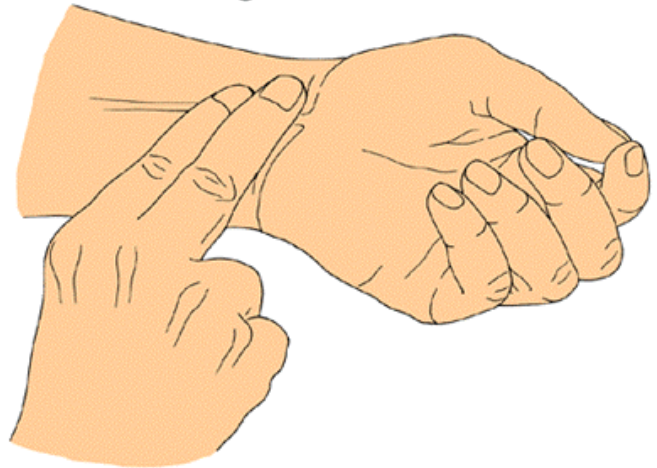
## How to Take Your Pulse (Heart Rate)



You will need a clock, watch, or stopwatch with a second hand.

- Take your pulse after you've been active for 15 seconds. Take it again, for 15 seconds immediately after you have stopped your activity.
- Use your index and middle fingers. (Don't use your thumb - it has a pulse of it's own.) Place fingers on your wrist, just above the base of the thumb, or place the tips of the fingers on your neck, just on either side of the Adam's apple. Don't press too hard on the neck or you may feel dizzy or light headed. **Note:** Persons with Coronary Artery Disease should avoid taking a pulse through the neck.
- Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.

Taking Your Own Pulse



For increasing physical fitness, stay within your target heart rate range!



## Target heart Rate

Increasing your heart rate is an important part of exercise, but **it is important that your heart rate not be too high** (dangerous to your health) or too low (limited cardiovascular benefits). Your optimal heart rate range during exercise is referred to as your "Target Heart Rate."

The chart below will provide you some general guidelines for your Maximum Heart Rate and Target Heart Rate Range.

If you are a beginner at cardiovascular exercise, **you should also be able to breathe comfortably** and rhythmically during the entire duration of your exercise. This will ensure that you are **exercising at a level that is safe and effective for your body.**

Age	Maximum Heart Rate	Target Heart Rate Range (Beats per Minute)
15-19	201	100-161
20-24	196	98-157
25-29	191	96-153
30-34	186	93-149
35-39	181	91-145
40-44	176	88-141
45-49	171	86-137
50-54	166	83-133
55-59	161	81-129
60-64	156	78-125
65-69	151	76-121
70-74	146	73-117
75-80	141	71-113

\* If your age does not appear on this chart, subtract your age from 220 to get your Maximum Heart Rate. Your Target Heart Rate Range is 50-80% of this number. So, for an 85 year old, the Maximum Heart Rate is 220-85, or 135 beats per minute. The Target Heart Rate Range would be 68-108.